Notes From Regional Directors Meeting – December 2024

1. State Meet Dates:
2. Friday, March 21 – Division 2/3, we will be trying to start earlier than last year, no later than 12:00 PM. We will begin earlier if possible. We are in the process of making sure we can line up spotters and table workers for an earlier start time.
3. Saturday, March 22 – Division ¼
4. All entry fees for the Regional and State Meets will remain $35. No price increases.
5. Association By Laws Updated. All Regional Director Terms will last 4 years instead of two years from now on.
6. Approved Equipment List to be updated. The following equipment will be approved for the 2025 Season:
7. F8 Squat Suit
8. “Crusader” Squat Suit / Briefs
9. “True Strap” Bench Shirt
10. 2025 Rule Book is posted on the Website. Please review it when you get a chance. Main changes / updates are:
11. No “Suicide” grips are allowed on the Bench Press. Thumbs must be wrapped around the bar.
12. Only powdered chalk (Magnesium Carbonate) may be applied. No liquid chalks or any of the new chalk alternatives like “Chalkless” will be allowed.
13. A “2025 THSPA Important Dates” link has been added to the homepage. Please take a look at it.
14. There will not be a link for you to “Register Meets” on the website. If you are planning on hosting a meet, please send me an email with the details ahead of time.
15. The 2025 Version of Power Score should be available for download no later than next week (December 23 – 27).